

Building Confidence and Resilience Skills in Young Children



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Speaker



CLAIRE GOSS
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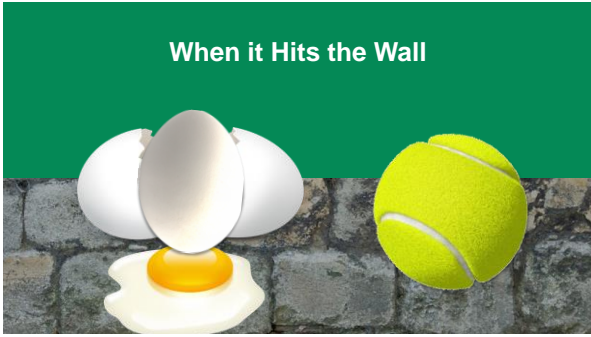


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WHAT IS RESILIENCE?



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Temperament Characteristics



- Activity
- Approach/Withdrawal
- Regularity
- Adaptability
- Mood
- Persistence
- Sensitivity/Threshold
- Distractibility
- Intensity

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GROWTH MINDSET



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Taking it Back to the Classroom



How can teachers use growth mindset ideas in the classroom?

- Focus on effort, not achievement
- Use encouragement instead of praise

I can see you thought a lot about how to build that block structure.

That was really hard, but you kept trying!

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Taking it Back to the Classroom



How can teachers use growth mindset ideas in the classroom?

- Use failure

Well, we learned that way doesn't work. I wonder what else we can try?

I wasn't expecting that. Let's try another way.

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Taking it Back to the Classroom



How can teachers use growth mindset ideas in the classroom?

- Help the child see beyond right now
- The power of YET

Using scissors can be tricky!
 You don't know how to cut that line
 YET.
 Lets take a break and try again in a
 few minutes.

You don't know how
 to tie your shoes
 YET.

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Taking it Back to the Classroom



How can teachers use growth mindset ideas in the classroom?

- Embrace growth mindset in your own life
- Be a role model

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How do we further build competence and confidence?



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Value Mistakes

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Zone of Proximal Development (ZPD)



- Watch children play
- Use observations to create scaffolding opportunities
- Use emergent curriculum



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EMOTIONAL TOOLKIT

Reframing your thoughts
 Practicing mindfulness
 Relationships!



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Reframe

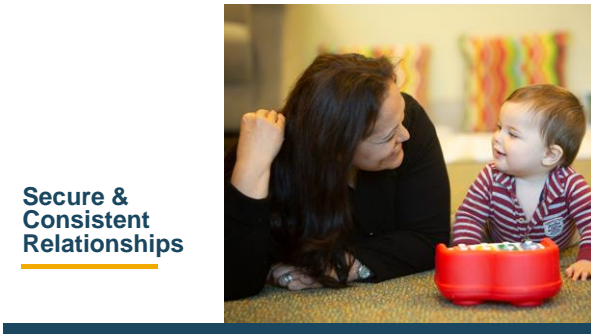
What can you control?




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